

It is the duty of the teacher to see to it that the faulty conditions as to light, etc. above indicated are corrected, so far as lies in his power. He should, besides, make it a point to frequently interrupt the studies by various appropriate exercises (now common in well-managed schools) which will permit a rest of the eyes, and by frequent recesses. Parents also should exercise supervision in these matters at home, and in addition to carrying out the instructions given under the head of "General Directions," they should forbid too much study and reading, especially if their children be precocious and disposed to be bookish, and encourage them to outdoor life. This is often the more urgent because such children are apt to be feeble and delicate in constitution.

Owing to the presence of disease in so many near-sighted eyes, they are very often sensitive, irritable, and painful. The ordinary symptoms of weak-sight too are frequently complained of, even when the morbid changes are not very marked, they being due to the overstrain of the muscles of convergence, caused by the necessity of holding the book too near in order to make out the letters.

Attention to the presence of this defect will most likely be called by the child's inability to read figures on the black-board or in some similar way. Either a *high* degree of over-sight or the irregular error, astigmatism, may cause this as well as short-sight, but the difference between them and the true myopia is that in the last the sight for objects held near enough is generally unusually acute, while in the first two it is apt to be more or less proportionally bad at all distances.

When once the fact becomes known, the eyes should be scrupulously guarded, and upon any complaint (or without waiting for it if the child seems to be very near-sighted) the advice of a competent physician should be promptly sought, so that he may give fully and explicitly the proper directions for the treatment and care of the eyes, including, if the state of the case warrant them, the proper concave glasses. Concave glasses, being the reverse of convex, lengthen the focus to suit the (short-sighted) long eye. It is of peculiar importance that accurately-adjusted glasses should be worn in these cases, because they not only permit the removal of the book to a safe distance, thereby assisting greatly in checking the progress of the affection, but they also enable the child to imbibe unconsciously a vast amount of knowledge that would otherwise escape him. At the same time, being in a position to see and enjoy the world around him, he would be encouraged to use them on distant objects and get away from his books.

*Astigmatism.*—The explanation of this error is apt to be so confusing to any one not quite familiar with optics that I shall not weary